

MDR Tracking Number: M5-03-3188-01

Under the provisions of Section 413.031 of the Texas Workers' Compensation Act, Title 5, Subtitle A of the Texas Labor Code, effective June 17, 2001 and Commission Rule 133.305 titled Medical Dispute Resolution - General and 133.308 titled Medical Dispute Resolution by Independent Review Organizations, the Medical Review Division (Division) assigned an IRO to conduct a review of the disputed medical necessity issues between the requestor and the respondent. The dispute was received on August 4, 2003.

The Medical Review Division has reviewed the IRO decision and determined that **the requestor prevailed** on the majority of the medical necessity issues. Therefore, upon receipt of this Order and in accordance with §133.308(r)(9), the Commission hereby Orders the respondent and non-prevailing party to **refund the requestor \$460.00** for the paid IRO fee. For the purposes of determining compliance with the Order, the Commission will add 20-days to the date the Order was deemed received as outlined on page one of this Order.

In accordance with §413.031(e), it is a defense for the carrier if the carrier timely complies with the IRO decision.

Based on review of the disputed issues within the request, the Medical Review Division has determined that **medical necessity was the only issue** to be resolved. The ultrasound therapy **was not found to be medically necessary**. The myofascial release, therapeutic exercises, electrical stimulation and hot/cold pack therapy **were found to be medically necessary**. The respondent raised no other reasons for denying reimbursement of the ultrasound therapy, myofascial release, therapeutic exercises, electrical stimulation and hot/cold pack therapy charges.

On this basis, and pursuant to §§402.042, 413.016, 413.031, and 413.019 of the Act, the Medical Review Division hereby ORDERS the respondent to pay the unpaid medical fees in accordance with the fair and reasonable rate as set forth in Commission Rule 133.1(a)(8) plus all accrued interest due at the time of payment to the requestor within 20-days of receipt of this Order. This Order is applicable to dates of service 8/5/02 through 8/15/02 in this dispute.

The respondent is prohibited from asserting additional denial reasons relative to this Decision upon issuing payment to the requestor in accordance with this Order (Rule 133.307(j)(2)).

This Order is hereby issued this 10<sup>th</sup> day of October 2003.

Margaret Q. Ojeda  
Medical Dispute Resolution Officer  
Medical Review Division  
MQO/mqo

September 26, 2003

#### NOTICE OF INDEPENDENT REVIEW DECISION

RE: MDR Tracking #: M5-03-3188-01

\_\_\_ has been certified by the Texas Department of Insurance (TDI) as an independent review organization (IRO). \_\_\_ IRO Certificate Number is 5348. Texas Worker's Compensation Commission (TWCC) Rule §133.308 allows for a claimant or provider to request an independent review of a Carrier's adverse medical necessity determination. TWCC assigned the above-reference case to \_\_\_ for independent review in accordance with this Rule.

\_\_\_ has performed an independent review of the proposed care to determine whether or not the adverse determination was appropriate. Relevant medical records, documentation provided by the parties referenced above and other documentation and written information submitted regarding this appeal was reviewed during the performance of this independent review.

This case was reviewed by a practicing chiropractor on the \_\_\_ external review panel. The reviewer has met the requirements for the ADL of TWCC or has been approved as an exception to the ADL requirement. The \_\_\_ chiropractor reviewer signed a statement certifying that no known conflicts of interest exist between this chiropractor and any of the treating physicians or providers or any of the physicians or providers who reviewed this case for a determination prior to the referral to \_\_\_ for independent review. In addition, the \_\_\_ chiropractor reviewer certified that the review was performed without bias for or against any party in this case.

#### Clinical History

This case concerns a 29 year-old female who sustained a work related injury on \_\_\_. The patient reported that while at work she was pushing a cart when she injured her neck and upper back. The patient was evaluated and initially treated with muscle relaxants and pain medications. The patient underwent an MRI and X-Rays of the cervical spine. She was then treated with a series of trigger point injections and other treatment that included myofascial release, therapeutic procedure, ultrasound, electrical stimulation and hot/cold pack therapy. The diagnoses for this patient included sprain/strain of the cervical, thoracic and trapezius musculature.

#### Requested Services

Myofascial release, therapeutic procedure, ultrasound, electrical stimulation and hot/cold pack therapy from 8/5/02 through 8/15/02.

#### Decision

The Carrier's determination that these services were not medically necessary for the treatment of this patient's condition is partially overturned.

#### Rationale/Basis for Decision

The \_\_\_ chiropractor reviewer noted that this case concerns a 29 year-old female who sustained a work related injury to her neck and upper back on \_\_\_. The \_\_\_ chiropractor reviewer also noted that the diagnoses for this patient included sprain/strain of the cervical, thoracic and trapezius musculature. The \_\_\_ chiropractor reviewer further noted that the patient was treated with trigger point injections, myofascial release, therapeutic procedure, ultrasound, electrical stimulation and hot/cold pack therapy. The \_\_\_ chiropractor reviewer indicated that post injection therapy is medically necessary as an adjunct treatment to aid in decreasing symptoms that the patient may have. (Dr. G. Ko M.D.; Muscle Pain: Trigger Points Diagnoses and Management, 2001). The \_\_\_ chiropractor reviewer explained that these treatments would include EMS, massage/myofascial release, therapeutic exercises and heat. However, the \_\_\_ chiropractor reviewer also explained that there is no literature that shows the benefits of

ultrasound in post injection therapy. Therefore, the \_\_\_ chiropractor consultant concluded that the myofascial release, therapeutic procedure, electrical stimulation and hot/cold pack therapy from 8/5/02 through 8/15/02 were medically necessary to treat this patient's condition. However, the \_\_\_ chiropractor consultant concluded that the ultrasound from 8/5/02 through 8/15/02 was not medically necessary to treat this patient's condition.

Sincerely,